

5月份課程時間表 (FAC 觀塘店)
Class Schedule May (FAC Kwun Tong)



泰拳課堂 Muay Thai Class							
Time/Date		1/5/2019,Wed	2/5/2019,Thu	3/5/2019,Fri	4/5/2019,Sat	5/5/2019,Sun	
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00			Muay Thai (LV1) 泰拳初級班				
10:30							
11:00				Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
11:30							
12:00			Muay Thai (LV1) 泰拳初級班		Muay Thai (LV2) 泰拳中級班		
12:30				Muay Thai (LV2) 泰拳中級班			
13:00		Muay Thai (LV1) 泰拳初級班				Muay Thai (LV1) 泰拳初級班	
13:30							
14:00		Muay Thai (LV2) 泰拳中級班			Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	
14:30							
15:00			Western Boxing Classes 西洋拳擊課程	Western Boxing Classes 西洋拳擊課程			
15:30							
16:00		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	
16:30			Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班			
17:00							
17:30							
18:00		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	
18:30							
19:00		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班	
19:30			**自衛術 Self-defense 19:30-21:00				
20:00				Muay Thai (LV1) 泰拳初級班			
20:30							
21:00			Muay Thai (LV1) 泰拳初級班				
21:30							

備註：所有課程上課時間為一小時，(**) 課程除外
所有課程必須預約 (XT45課堂只接受電話預約或親臨分店辦理預約手續)
電話：2154 0168

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date		1/5/2019,Wed	2/5/2019,Thu	3/5/2019,Fri	4/5/2019,Sat	5/5/2019,Sun	
7:00							
7:30			Morning Yoga 早晨瑜伽 Shin				
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00					Cardio Funky 帶氧瘦身舞 Joanne		
11:30						Cardio Funky 帶氧瘦身舞 Eddy	
12:00							
12:30			Pilates Mat Work 墊上彼拉提斯 April	Yin Yoga 陰瑜伽 April	Funky Dance 放克舞 Eddy	Gentle Yoga 和緩瑜伽 Primo 12:45-13:45	
13:00							Pilates Mat Work 墊上彼拉提斯 April
13:30			Yoga Stretch 伸展瑜伽 April	Pilates Mat Work 墊上彼拉提斯 April 13:45-14:45			
14:00							Yoga Stretch 伸展瑜伽 April 14:10-15:10
14:30			Hatha Yoga 哈達瑜伽 Daisy 14:50-15:50			Hatha Yoga 哈達瑜伽 Jennifer 14:50-15:50	
15:00							
15:30							
16:00			MyRing 瑜珈環 Daisy			Yin Yoga 陰瑜伽 Jennifer	MFR 肌筋膜放鬆術 Katherine
16:30							
17:00							
17:30							
18:00						Yoga Stretch 伸展瑜伽 April	
18:30				Flow Yoga 流瑜伽 Daisy			
19:00						MyRing 瑜珈環 Apple 19:20-20:20pm	
19:30				Gentle Yoga 和緩瑜伽 Daisy			
20:00							
20:30				Cardio Funky 帶氧瘦身舞 Eddy 20:40 - 21:40			
21:00						Capoeria 巴西戰舞 21:15-22:15	
21:30							

泰拳課堂 Muay Thai Class

Time/Date	6/5/2019, Mon	7/5/2019, Tue	8/5/2019, Wed	9/5/2019, Thu	10/5/2019, Fri	11/5/2019, Sat	12/5/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班			
10:30							
11:00					Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	
11:30							
12:00		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV2) 泰拳中級班	
12:30	Muay Thai (LV2) 泰拳中級班		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV2) 泰拳中級班		
13:00							Muay Thai (LV1) 泰拳初級班
13:30							
14:00						Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
14:30							
15:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Western Boxing Classes 西洋拳擊課程	Western Boxing Classes 西洋拳擊課程		
15:30							
16:00	Muay Thai (LV1) 泰拳初級班			Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
16:30							
17:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
17:30							
18:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
18:30							
19:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	TRX \$200/lesson Herry So 19:00-20:30 / Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班
19:30				**自衛術 Self-defense 19:30-21:00			
20:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai Fighting 泰拳格鬥班 (不適合初學者)		Muay Thai (LV1) 泰拳初級班		
20:30							
21:00		Tai Chi 太極 21:10-22:10	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班			
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	6/5/2019, Mon	7/5/2019, Tue	8/5/2019, Wed	9/5/2019, Thu	10/5/2019, Fri	11/5/2019, Sat	12/5/2019, Sun
7:00							
7:30				Morning Yoga 早晨瑜伽 Shin			
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00						Cardio Funky 帶氣瘦身舞 Joanne	Cardio Funky 帶氣瘦身舞 Eddy
11:30							
12:00							
12:30	**Power Lunch 午餐瑜伽 Ringo 12:30-13:15	Yoga Stretch 伸展瑜伽 Katherine	Pilates Mat Work 墊上彼拉提斯 April	Yin Yoga 陰瑜伽 Ringo	Funky Dance 放克舞 Eddy	Gentle Yoga 和緩瑜伽 Ringo 12:45-13:45	
13:00							Pilates Mat Work 墊上彼拉提斯 April
13:30				Hatha Yoga 哈達瑜伽 Ringo 13:45-14:45			
14:00							Yoga Stretch 伸展瑜伽 April 14:10-15:10
14:30						Hatha Yoga 哈達瑜伽 Jennifer 14:50-15:50	
15:00							
15:30							
16:00						Yin Yoga 陰瑜伽 Jennifer	MFR 肌筋膜放鬆術 Katherine
16:30							
17:00							
17:30							
18:00							
18:30			Yoga Stretch 伸展瑜伽 Apple	Flow Yoga 流瑜伽 Ringo			
19:00			Hatha Yoga 哈達瑜伽 Daisy		MyRing 瑜珈環 Apple 19:20-20:20		
19:30	Detox Yoga 排毒瑜伽 Daisy		Flow Yoga 流瑜伽 Apple	Gentle Yoga 和緩瑜伽 Ringo			
20:00			Funky Dance 放克舞 Joanne 20:10-21:10				
20:30	MyRing 瑜珈環 Daisy 20:40 - 21:40			Cardio Funky 帶氣瘦身舞 Eddy 20:40 - 21:40			
21:00		Cardio Funky 帶氣瘦身舞 Joanne 21:10-22:10			Capoeria 巴西戰舞 21:15-22:15		
21:30							

備註：所有課程上課時間為一小時，(**) 課程除外
所有課程必須預約 (KT45課堂只接受電話預約或親臨分店辦理預約手續)
電話：2154 0168

泰拳課堂 Muay Thai Class

Time/Date	13/5/2019, Mon	14/5/2019, Tue	15/5/2019, Wed	16/5/2019, Thu	17/5/2019, Fri	18/5/2019, Sat	19/5/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班			
10:30							
11:00					Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	
11:30							
12:00		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV2) 泰拳中級班	
12:30			Muay Thai (LV1) 泰拳初級班		Muay Thai (LV2) 泰拳中級班		
13:00	Muay Thai (LV1) 泰拳初級班						Muay Thai (LV1) 泰拳初級班
13:30							
14:00	Muay Thai (LV2) 泰拳中級班					Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
14:30							
15:00		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Western Boxing Classes 西洋拳擊課程	Western Boxing Classes 西洋拳擊課程		
15:30							
16:00	Muay Thai (LV1) 泰拳初級班			Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
16:30							
17:00		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
17:30							
18:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
18:30							
19:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	TRX \$200堂/lesson Herry So 19:00-20:30 / Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班
19:30					**自衛術 Self-defense 19:30-21:00		
20:00		Muay Thai (LV1) 泰拳初級班	Muay Thai Fighting 泰拳格鬥班 (不適合初學者)		Muay Thai (LV1) 泰拳初級班		
20:30							
21:00		Tai Chi 太極 21:10-22:10	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班			
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	13/5/2019, Mon	14/5/2019, Tue	15/5/2019, Wed	16/5/2019, Thu	17/5/2019, Fri	18/5/2019, Sat	19/5/2019, Sun
7:00							
7:30				Morning Yoga 早晨瑜伽 Shin			
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00						Cardio Funky 帶氧瘦身舞 Joanne	Cardio Funky 帶氧瘦身舞 Eddy
11:30							
12:00							
12:30	**Power Lunch 午餐瑜伽 Ringo 12:30-13:15	Yoga Stretch 伸展瑜伽 Katherine	Pilates Mat Work 墊上彼拉提斯 April	Yin Yoga 陰瑜伽 Ringo	Funky Dance 放克舞 Eddy	Gentle Yoga 和緩瑜伽 Ringo 12:45-13:45	
13:00							Pilates Mat Work 墊上彼拉提斯 April
13:30	Hatha Yoga 哈達瑜伽 Ringo			Hatha Yoga 哈達瑜伽 Ringo 13:45-14:45			
14:00							Yoga Stretch 伸展瑜伽 April 14:10-15:10
14:30	Hatha Yoga 哈達瑜伽 Jennifer 14:50-15:50					Hatha Yoga 哈達瑜伽 Jennifer 14:50-15:50	
15:00							
15:30							
16:00	MyRing 瑜珈環 Daisy					Yin Yoga 陰瑜伽 Jennifer	MFR 肌筋膜放鬆術 Katherine
16:30							
17:00							
17:30							
18:00						Yoga Stretch 伸展瑜伽 Apple	
18:30				Yoga Stretch 伸展瑜伽 Apple		Flow Yoga 流瑜伽 Ringo	
19:00		Hatha Yoga 哈達瑜伽 Primo				MyRing 瑜珈環 Apple 19:20-20:20	
19:30				Flow Yoga 流瑜伽 Apple		Gentle Yoga 和緩瑜伽 Ringo	
20:00					Funky Dance 放克舞 Joanne 20:10-21:10		
20:30						Cardio Funky 帶氧瘦身舞 Eddy 20:40 - 21:40	
21:00					Cardio Funky 帶氧瘦身舞 Joanne 21:10-22:10		Capoeria 巴西戰舞 21:15-22:15
21:30							

備註：所有課程上課時間為一小時，(**) 課程除外
所有課程必須預約 (XT45課堂只接受電話預約或親臨分店辦理預約手續)
電話：2154 0168

5月份課程時間表 (FAC 觀塘店)
Class Schedule May (FAC Kwun Tong)



泰拳課堂 Muay Thai Class							
Time/Date	20/5/2019, Mon	21/5/2019, Tue	22/5/2019, Wed	23/5/2019, Thu	24/5/2019, Fri	25/5/2019, Sat	26/5/2019, Sun
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班			
10:30							
11:00					Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	
11:30							
12:00		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV2) 泰拳中級班	
12:30	Muay Thai (LV2) 泰拳中級班		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV2) 泰拳中級班		
13:00							Muay Thai (LV1) 泰拳初級班
13:30							
14:00						Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班
14:30							
15:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Western Boxing Classes 西洋拳擊課程	Western Boxing Classes 西洋拳擊課程		
15:30							
16:00	Muay Thai (LV1) 泰拳初級班			Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
16:30							
17:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班		
17:30							
18:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
18:30							
19:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	TRX \$200/lesson Herry So 19:00-20:30 / Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班	Muay Thai (LV2) 泰拳中級班	Muay Thai (LV1) 泰拳初級班
19:30				**自衛術 Self-defense 19:30-21:00			
20:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai Fighting 泰拳格鬥班 (不適合初學者)		Muay Thai (LV1) 泰拳初級班		
20:30							
21:00		Tai Chi 太極 21:10-22:10	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班			
21:30							

瑜伽及舞蹈課堂 Yoga and Dance Class							
Time/Date	20/5/2019, Mon	21/5/2019, Tue	22/5/2019, Wed	23/5/2019, Thu	24/5/2019, Fri	25/5/2019, Sat	26/5/2019, Sun
7:00							
7:30				Morning Yoga 早晨瑜伽 Shin			
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00						Cardio Funky 帶氧瘦身舞 Joanne	
11:30							Cardio Funky 帶氧瘦身舞 Eddy
12:00							
12:30	**Power Lunch 午餐瑜伽 Ringo 12:30-13:15	Yoga Stretch 伸展瑜伽 Katherine	Pilates Mat Work 墊上彼拉提斯 April	Yin Yoga 陰瑜伽 Ringo	Funky Dance 放克舞 Eddy	Gentle Yoga 和緩瑜伽 Ringo 12:45-13:45	
13:00							Pilates Mat Work 墊上彼拉提斯 April
13:30				Hatha Yoga 哈達瑜伽 Ringo 13:45-14:45			
14:00							Yoga Stretch 伸展瑜伽 April 14:10-15:10
14:30						Hatha Yoga 哈達瑜伽 Jennifer 14:50-15:50	
15:00							
15:30							
16:00						Yin Yoga 陰瑜伽 Jennifer	MFR 肌筋膜放鬆術 Katherine
16:30							
17:00							
17:30							
18:00						Yoga Stretch 伸展瑜伽 Apple	
18:30			Yoga Stretch 伸展瑜伽 Apple	Flow Yoga 流瑜伽 Ringo			
19:00			Hatha Yoga 哈達瑜伽 Daisy			MyRing 瑜伽環 Apple 19:20-20:20pm	
19:30	Detox Yoga 排毒瑜伽 Daisy		Flow Yoga 流瑜伽 Apple	Gentle Yoga 和緩瑜伽 Ringo			
20:00							
20:30	MyRing 瑜伽環 Daisy 20:40 - 21:40					Cardio Funky 帶氧瘦身舞 Eddy 20:40 - 21:40	
21:00			Cardio Funky 帶氧瘦身舞 Joanne 21:10-22:10			Capoeria 巴西戰舞 21:15-22:15	
21:30							

備註：所有課程上課時間為一小時，(**) 課程除外
所有課程必須預約 (XT45課堂只接受電話預約或親臨分店辦理預約手續)
電話：2154 0168

泰拳課堂 Muay Thai Class

Time/Date	27/5/2019, Mon	28/5/2019, Tue	29/5/2019, Wed	30/5/2019, Thu	31/5/2019, Fri
7:00					
7:30					
8:00					
8:30					
9:00					
9:30					
10:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	
10:30					
11:00					Muay Thai (LV1) 泰拳初級班
11:30					
12:00		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班	
12:30	Muay Thai (LV2) 泰拳中級班		Muay Thai (LV1) 泰拳初級班		Muay Thai (LV2) 泰拳中級班
13:00					
13:30					
14:00					
14:30					
15:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Western Boxing Classes 西洋拳擊課程	Western Boxing Classes 西洋拳擊課程
15:30					
16:00	Muay Thai (LV1) 泰拳初級班			Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
16:30					
17:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
17:30					
18:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班
18:30					
19:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	TRX \$200堂/lesson Herry So 19:00-20:30 / Muay Thai (LV1) 泰拳初級班		Muay Thai (LV1) 泰拳初級班
19:30				**自衛術 Self-defense 19:30-21:00	
20:00	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	Muay Thai Fighting 泰拳格鬥班 (不適合初學者)		Muay Thai (LV1) 泰拳初級班
20:30					
21:00		Tai Chi 太極 21:10-22:10	Muay Thai (LV1) 泰拳初級班	Muay Thai (LV1) 泰拳初級班	
21:30					

備註：所有課程上課時間為一小時，(**) 課程除外
所有課程必須預約 (XT45課堂只接受電話預約或親臨分店辦理預約手續)
電話：2154 0168

瑜伽及舞蹈課堂 Yoga and Dance Class

Time/Date	27/5/2019, Mon	28/5/2019, Tue	29/5/2019, Wed	30/5/2019, Thu	31/5/2019, Fri
7:00					
7:30				Morning Yoga 早晨瑜伽 Shin	
8:00					
8:30					
9:00					
9:30					
10:00					
10:30					
11:00					
11:30					
12:00					
12:30	**Power Lunch 午餐瑜伽 Ringo 12:30-13:15	Yoga Stretch 伸展瑜伽 Katherine	Pilates Mat Work 墊上彼拉提斯 April	Yin Yoga 陰瑜伽 Ringo	Funky Dance 放克舞 Eddy
13:00					
13:30				Hatha Yoga 哈達瑜伽 Ringo 13:45-14:45	
14:00					
14:30					
15:00					
15:30					
16:00					
16:30					
17:00					
17:30					
18:00					Yoga Stretch 伸展瑜伽 Apple
18:30			Yoga Stretch 伸展瑜伽 Apple	Flow Yoga 流瑜伽 Ringo	
19:00		Hatha Yoga 哈達瑜伽 Primo			MyRing 瑜加環 Apple 19:20-20:20pm
19:30	Detox Yoga 排毒瑜伽 Daisy		Flow Yoga 流瑜伽 Apple	Gentle Yoga 和緩瑜伽 Ringo	
20:00		Funky Dance 放克舞 Joanne 20:10-21:10			
20:30	MyRing 瑜加環 Daisy 20:40 - 21:40			Cardio Funky 帶氧瘦身舞 Eddy 20:40 - 21:40	
21:00		Cardio Funky 帶氧瘦身舞 Joanne 21:10-22:10			Capoeria 巴西戰舞 21:15-22:15
21:30					